

## FASTING PLASMA GLUCOSE TEST (FPG)

The Fasting Plasma Glucose Test (FPG) is the preferred test for diagnosing diabetes due to the convenience. It is more reliable when it is done in the morning after a person has fasted (or not eaten) for approximately 8 hours. Results and their meaning are shown in Table 1 below. If your fasting level is 100-125 mg/dL, you have a form of pre-diabetes called impaired fasting glucose (IFG), meaning that you are more likely to develop type 2 diabetes but you do not have it yet. A level of 126 mg/dL or above confirmed by repeating the test on another day, means you have diabetes.

**Table 1. Fasting Plasma Glucose Test**

Plasma Glucose Result (mg/dL)	Diagnosis
99 and below	Normal
100 to 125	Pre-diabetes (impaired fasting glucose)
126 and above	Diabetes*

\*Confirmed by repeating the test on a different day.

SOURCE: NATIONAL DIABETES INFORMATION CLEARINGHOUSE, NATIONAL INSTITUTES OF HEALTH